

Microwave Recipes

The microwave is an appliance which is loved by everybody- it is convenient, versatile, and you can cook almost anything in it! You might be cautious about using a microwave to cook meals in as there are myths that the radiation can be dangerous for your health- however this is not true. In fact, the radiation which the microwave uses to cook food is at a much lower level than the levels known to cause harm to people. However if you are still worried, simply standing away from the microwave while it is on can dramatically reduce the level of exposure. Just remember to not put anything made of metal in the microwave, or anything which does not specifically say it is microwave safe, as this can be dangerous.



Spinach Risotto

Ingredients & Cost

Prices are from Lidl Supermarket

- 1 clove garlic, £0.39 whole garlic bought loose
- 1 chicken stock cube, £0.35 for a box of stock cubes
- 1 mug long-grain rice, £0.79 for a 500g bag
- 1 leek, bought loose for £0.40
- 2 mugs of spinach, 240g bag for £0.99
- 1/3 cup of cheese, £0.99 for 12 slices
- 4 Tablespoons butter, £1.50 for 250g
- Hand-full of Parsley, pot for £0.49

This risotto is a hearty warm dish that would definitely go down a treat after a long day. It's a quick and simple recipe to follow, taking approximately 25 minutes to make.

This recipe includes green vegetables like leek, parsley and spinach which are packed full of vitamins, as well as having a base of rice for carbohydrates. The addition of butter and cheese adds both flavour and creaminess.

Timing: 25-30 minutes.

Equipment

- Knife
- Chopping board
- Mug
- Spoons
- Large microwave proof dish
- Grater (optional - substitute for knife)
- Plate
- Microwave

Method

1. Chop the leek, garlic finely
2. Chop the spinach into smaller pieces but not finely
3. Dissolve the stock cubes in 3 cups of water
4. Combine 2 tablespoons butter, leek and garlic in a microwave-safe dish. Cover with a plate and Microwave on HIGH for 2 minutes
5. Add rice. Stir to coat in butter mixture. Microwave, uncovered, on HIGH for 1 minute.
6. Remove from microwave and stir in 2 cups stock. Cover and microwave on HIGH for 5 minutes, stir and then cook for a further 7 minutes on HIGH.
7. Remove again and then add in spinach and remaining stock. Cover and microwave on MEDIUM for a further 7 minutes.
8. Add parmesan, parsley and remaining butter. Stir to combine.